



Evidence-Based Health Promotion for Older Adults:
Collaborating with Community Partners



Chronic Disease Self-Management

I. Overview

According to the World Health Organization (WHO), chronic disease – encompassing a multitude of diagnoses including diabetes, cancer, asthma and heart disease– is the leading cause of death in the world. In 2005, half of the people who died of chronic disease were under the age of 70, and half of them were women. Patients who self-manage their chronic disease(s) are urged to partner with professionals in order to learn the most effective ways to maintain a high quality of life at home, thus making an educational component in programs imperative.

II. Assessments

- A. [Stanford Patient Education Research Center: Chronic Disease Self-Efficacy Scales](#)
- B. [Stanford Patient Education Research Center: Self-Efficacy for Managing Chronic Disease 6-Item Scale](#)

III. Replication Reports of Evidence-Based Programs

- A. [Challenges and Successes in Implementing the Chronic Disease Self-Management Program](#). (2004). NCOA Center for Healthy Aging. (PDF)
- B. Lorig, K. R., Ritter, P., Stewart, A. L., et. al. (2001). [Chronic Disease Self-Management Program: 2-year health status and health care utilization outcomes](#). *Medical Care*, 39(11), 1217-1223. (Journal Access Required)
- C. Sobel, D. S., Lorig, K. R., & Hobbs, M. (2002). [Chronic Disease Self-Management Program: From development to dissemination](#). *The Permanente Journal*, 6(2), 15-22.

IV. Articles

- A. Bonomi, A. E., Wagner, E. H., Glasgow, R. E., & VonKorff, M. (2002). [Assessment of Chronic Illness Care \(ACIC\): A practical tool to measure quality improvement](#). *Health Services Research*, 37(3), 791-820.
- B. Agency for Healthcare Research and Quality (AHRQ): [Preventing Disability in the Elderly with Chronic Disease](#). (2002). (PDF)
- C. Rose, M.A. et al. (2000). [Evaluation of the Chronic Disease Self-Management Program with Low-income, Urban, African-American Older Adults](#). *Journal of Community Health Nursing*, 25: 193-202. (PDF) (Journal Access Required)

VI. Additional Resources

- A. Stanford Patient Education Research Center: [Chronic Disease Self-Management Program](#). (Background information on Stanford's program, along with training and licensure materials)
- B. [The CDC's National Center for Chronic Disease Prevention and Health Promotion](#)
- C. [The Center for Managing Chronic Disease](#)